

Durham SENIOR GAMES

April 17-May 1, 2010

Early Bird Registration:
Friday, March 19, 2010 (Save \$3.00)

Entry Deadline:
Friday, April 2, 2010

Registration Cost:
\$18 City Resident, Play More Card
\$20 City Resident, No Play More Card
\$23 Non-City Resident, Play More Card
\$25 Non-City Resident, No Play More Card

This program is sanctioned by the North Carolina Senior Games, Inc. (NCSG), sponsored statewide by the NC Division of Aging.

Entry forms are available at the following sites:

Durham Parks and Recreation Main Office

W.D. Hill Recreation Center

Irwin R. Holmes, Sr. Recreation Center
at Campus Hills

Downtown YMCA

Community Family Life & Recreation Center
at Lyon Park

Council for Senior Citizens - Durham Center for
Senior Life or Senior Center Satellites including the
Holton Career and Resource Center

or download a form after
February 1, 2010 from Durham Parks and
Recreation's Website
www.durhamnc.gov/departments/parks

Entry forms and payments can be mailed to:

Durham Parks and Recreation Department
101 City Hall Plaza, Durham, NC 27701

or

You may drop your application off at one
of the sites listed above.

City of Durham
Parks & Recreation
101 City Hall Plaza
Durham, NC 27701

*"You don't stop playing because you grow old...
you grow old because you stop playing."*



Durham SENIOR GAMES

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Fun, Fitness and Fellowship
April 17-May 1, 2010

Entry Deadline: Friday, April 2, 2010

Durham Senior Games are sponsored by the City of Durham Parks and Recreation Department in coordination with Hayti Heritage Center, NC Cooperative Extension, Durham County Health Department, the YMCA of the Triangle, Durham Housing and Community Development Department, the Council for Senior Citizens, Humana, Emerald Pond, and the Carolina House of Durham.



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About the 2010 Durham Senior Games

Durham Senior Games is sanctioned by the North Carolina Senior Games, Inc., an organization that was established in 1983 to create a year-round health promotion and education program for adults 55 years of age and better.

Senior Games is a holistic approach to keeping the body, mind and spirit fit while enjoying the company of family, spectators and volunteers at the same time.

Every spring, over 45,000 seniors in North Carolina participate in local Senior Games competitions. Durham operates one of the 53 sanctioned local Senior Games Programs. Athletes and artists who qualify at local games are invited to attend the State Finals in the fall. Every two years, State Finals winners who qualify can represent North Carolina in the National Games.

Who Can Participate?

Seniors ages 55 years of age and better (must be 55 or better on or before December 31, 2010).

Must be a Durham County resident for a minimum of three (3) consecutive months.

Sports teams and performing arts groups may include persons from outside of Durham County. However, at least 50% of the team/group must reside in Durham County.

DSG Activities



Senior Games promotes total health and physical fitness and recommends events of longer duration and lower intensity. High intensity types of activities are offered primarily for the conditioned athlete.

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|-----------------------|---------------------------|
| ✓ Archery | ✓ Needlework |
| ✓ Badminton | ✓ Painting |
| ✓ Basketball | ✓ Photography |
| ✓ Basketball Shooting | ✓ Poetry |
| ✓ Basket Weaving | ✓ Pottery |
| ✓ Billiards | ✓ Quilting |
| ✓ Bocce | ✓ Sculpting |
| ✓ Bowling | ✓ Short Stories |
| ✓ Cheerleading | ✓ Shuffleboard |
| ✓ Comedy/Drama | ✓ SilverStriders Fun/Walk |
| ✓ Crocheting | ✓ Singing |
| ✓ Croquet | ✓ Softball |
| ✓ Cycling | ✓ Softball Throw |
| ✓ Dance | ✓ Spincasting |
| ✓ Drawing | ✓ Standing Long/Jump |
| ✓ Essays | ✓ Swimming |
| ✓ Football Throw | ✓ Table Tennis |
| ✓ Golf | ✓ Tennis |
| ✓ Horseshoes | ✓ Track Events |
| ✓ Knitting | ✓ Weaving |
| ✓ Line Dancing | ✓ Woodcarving |
| ✓ Mixed Media | ✓ Woodworking |

Opening Ceremony and Silver Arts Showcase

The opening ceremony and Silver Arts Showcase will be held on Saturday, April 17 at the St. Joseph's Historic Foundation Hayti Heritage Center, 804 Old Fayetteville Street, from 10 a.m.-1 p.m. There will be a torch lighting ceremony, entertainment, special guests, food and much more!



There will also be a performing arts show and art exhibit which will include a reception following the performances. This event is open to the public.



2010 SilverStriders Fun Walk

A non-competitive 1 mile walk will be held as a part of the track and field activities.

Closing Ceremony

Join participants and their family and friends as they celebrate their victories and share the spirit of the Games. The Closing Ceremony will be held at the Durham Center for Senior Life (406 Rigsbee Avenue) on Saturday, May 1 from 11 a.m. - 2 p.m.

COST FOR THE CLOSING CEREMONY ONLY

\$10 City Resident, Play More Card
\$11 City Resident, No Play More Card
\$12 Non-City Resident, Play More Card
\$16 Non-City Resident, No Play More Card

GET INVOLVED!

For more information, please call DPR Mature Adults Staff at (919) 354-2710.